



# Marine Aircraft Group 26

## Safety Bulletin

28 May 2004

No. 40



### Photo of the Week...

### Weekly Safety Flagall

17-22 May 2004



What do you do when you have a light vehicle (like this '72 Beetle) that needs all four tires remounted? You put the car up on jack-stands, right? So what if you only have two jack-stands? Hum.

Well, the fella who sent me these photos said he decided to use a sturdy plastic bucket that had contained mayonnaise. It worked great! For about five minutes, that is.

Then it slowly started settling until the front end of the beetle met the driveway.

Had our friend been under the car at the time, he'd have been squashed like a bug ... ahem, like a *bug*, get it? Ha ha ... but seriously, folks, if you plan to improvise in place of some safety gear, make sure what you use actually works before you risk your life. When all else fails, or even before it fails, go out and buy the right equipment. I've never met anyone who said they wished they hadn't made the investment in their own safety.

Thanks to Lyle from Jacksonville for this one.

### What's PMO Been Up To:

Offense	# Citations Issued
failure to wear seatbelt	Total: 6
use of cellular phone	Total: 2
speeding in a school /housing zone	Total: 4
speeding 11-15 mph over speed limit	Total: 16
speeding 1-10 mph over posted speed limit	Total: 6
no state inspection sticker	Total: 2
no registration in possession	Total: 1
no license in possession	Total: 1
expired state registration	Total: 2
expired insurance	Total: 1
expired drivers license	Total: 1

**On Duty: None**

**Aviation: None**

**Off Duty:**

**040522** LCpl, III MEF SOTG. **SNM was killed** when he was struck by a DOD van in Gusikawa, Okinawa Japan. SNM was exiting a taxi when he was struck. Camp Foster's PMO is investigating the circumstances of this accident.

**040519** LCPL, COMM CO, HQBN, 3D MARDIV. SNM ran through a window at the Welcome Plaza Hotel in Pattaya, Thailand. SNM sustained a bilateral femur, tibia and foot fracture. SNM was transported initially to Camp Samaesan Hospital and then to Bumrungraad Hospital in Bangkok, Thailand. Alcohol was a contributing factor in this

### Safe Tips: Cooking Out

- Keep meat chilled until you're ready to cook it.
- Allow meat to completely thaw in the refrigerator before placing on the grill.
- Marinate meat in a tight-sealing container, especially when transporting meat in a cooler to a picnic or tailgate party.
- Wash hands frequently with soapy water when working with raw meat.
- Keep food and drink separate.
- Avoid cross contamination. A prime cause of summer food-borne illness is the transfer of bacteria from uncooked to cooked meat.
- Don't forget the cutting board. Remember to wash all cutting boards and containers that touched uncooked meat in hot, soapy water.
- Use a meat thermometer. Meat must reach a temperature of 160 degrees before it is safe to serve. Use a thermometer to avoid serving undercooked meat.
- Take out the trash. Dispose of all refuse in a covered bin or trash receptacle.
- Keep it cool. Avoid overgrowth of bacteria by storing food in a refrigerator/cooler within two hours of serving. When the temperature rises above 85 degrees, food should generally be stored in a cool place within one hour of serving.
- Leftovers should be packed in clean containers and put back in the coolers.
- When in doubt, throw it out. Food left out more than two hours has often been contaminated as a result of heat exposure. Don't

# Friday Funnies

28 May 2004

WELCOME TO THE LATEST EDITION OF THE FRIDAY FUNNIES. THIS WEEK, MORE FOLKS GET OUTWITTED BY INANIMATE OBJECTS, AND SOME JUST OUTWIT THEMSELVES.

NEXT TIME SOMEONE ASKS YOU FOR A DEFINITION OF "OVERDOING IT," HERE'S ONE. AN E-5 WENT TO A BACHELOR PARTY UNTIL MIDNIGHT, SLEPT FIVE HOURS, THEN WENT TO WORK. TOILED ALL DAY, THEN WENT ON LEAVE. DROVE 120 MILES TO A PARTY AND BOOGALOOED UNTIL THREE O'CLOCK IN THE MORNING. SLEPT FOR AN HOUR ON THE WAY BACK, RAN ERRANDS ALL DAY, MET SOME FRIENDS FOR A MIDNIGHT GAME OF PAINTBALL THAT LASTED, ONCE AGAIN, UNTIL THAT MAGICAL HOUR OF 0300. HEADED HOME AT 0445. PULLED OVER WITHIN 30 MINUTES TO STRETCH AND YAWN. HE THEN GOT BACK BEHIND THE WHEEL, FELL ASLEEP ON A CAUSEWAY, VEERED OFF THE ROAD AND RAN INTO TWO GUARD RAILS. HIS PICKUP TRUCK WENT AIRBORNE AND SPLASHED DOWN INTO THE BAY BELOW. THE SAILOR CAME TO, RELEASED HIS SEAT BELT, CRAWLED THROUGH A BROKEN WINDOW, AND SWAM TO A PYLON. FORTUNATELY, A PASSING MOTORIST HAD SEEN THIS DRAMA AND CALLED EMERGENCY SERVICES.

I'VE SAID IT BEFORE, AND PROBABLY WILL SAY IT AGAIN. THE SOUND OF YOUR VEHICLE CRUMPLING INTO AN INDISTINGUISHABLE WAD AROUND YOUR SUDDENLY WIDE-AWAKE SELF IS YOUR LAST CHOICE IN AN ALARM CLOCK. AND SPENDING FOUR DAYS IN THE HOSPITAL AND TWO WEEKS CONVALESCING IS A DISMAL WAY TO SPEND YOUR TWO WEEKS OF POST-DEPLOYMENT LEAVE.

SOMETIMES I THINK I'VE HEARD OF EVERY CONCEIVABLE HAZARD, BECAUSE THIS LINE OF WORK ALERTS ME TO A WORLD-CLASS SELECTION. THERE WAS THE SAILOR WHO GOT A CONCUSSION WHEN A COCONUT DROPPED ON HIS HEAD. THERE WAS THE ROCKET SCIENTIST WHO USED A GLASS ASH TRAY AS A HAMMER. THERE WAS THE MARINE WHO TRIED IRONING HIS UNIFORM WHILE WEARING IT.

JOINING THE LIST IS A SEAMAN FOOD SERVICE ATTENDANT FROM A DESTROYER. THE ULTRA-NAUTICAL HAZARD THIS TIME WAS AN ICE

SCULPTURE, PART OF A CHANGE OF COMMAND RECEPTION. SHE WAS TRYING TO REMOVE THE ICE MOLD, USING A SHARP KNIFE. A REALLY SHARP KNIFE. AND WHAT WITH THE SLIPPERINESS OF THE ICE, THE MOLD BEING STUCK, AND HER HAND BEING UNDER THE EDGE OF THE KNIFE, IN A TWINKLING SHE HAD PUT A LARGE DENT IN THE FESTIVE PREPARATIONS BY SLICING DEEP INTO HER HAND.

TWO DAYS IN THE HOSPITAL AND TWO MONTHS OF REHAB AND LIGHT DUTY.

POWERFUL GRASP OF THE OBVIOUS DEPARTMENT: THE EDGE OF A KNIFE IS LIKE A PISTOL'S LINE OF FIRE.

FOR ALL OF YOU WHO ARE EYING A PILE OF TREE LIMBS AND BRUSH IN YOUR BACKYARD AND THINKING "BONFIRE," HERE'S A CAUTIONARY TALE FEATURING A STAFF SERGEANT. WE CAN DO THIS ONE BY THE NUMBERS.

- QUARTS OF GASOLINE POURED ON THE PILE: 1
- NUMBER OF FEET AWAY FROM THE PILE THAT THE STAFF SERGEANT PLACED THE GAS CAN SO IT WOULD BE SAFE: 25.
- NUMBER OF FEET AWAY FROM THE PILE THAT HE STOOD WHILE TOSSING A LIT MATCH: 4.
- NUMBER OF FEET THAT THE EXPLOSION BLEW HIM BACKWARD: 10.
- DAYS IN HOSPITAL: 1.
- NUMBER OF DAYS HEALING FROM FIRST- AND SECOND-DEGREE BURNS: 4.
- NUMBER OF VALID EXCUSES FOR NOT KNOWING HOW EXPLOSIVE GASOLINE IS, AND FOR THINKING IT IS USEFUL AS A FIRESTARTER: 0.

THAT'S ALL FOR NOW, SPORTS FANS. REMEMBER, SPEAKING UP WHEN YOU SEE SOMEONE DOING SOMETHING DUMB IS A LOT EASIER THAN EXPLAINING WHY YOU DIDN'T DO ANYTHING AFTER SOMEONE GETS HURT AND IS RIDING AWAY IN AN AMBULANCE.

# EDITORIAL

By SSgt Edw. S. Heyward

Happy Friday boy and girls, last weekend's weather was great and we are all hoping for another one just like it. Ah yes, sun bathing, swimming, drinking a few "cold ones", what a life to lead! As a "Safety Guy", I can see this as a potentially hazardous situation, involving "that guy" – Yes, the same one from last week.

So there he is cruising to the beach Saturday morning about 1100 because he had to sleep off a big night of drinking, which lasted until 0600, a pair of shades and a cooler full of beer, and he's off, because that's all he really needs to sit on the beach for an afternoon, right? He's hauling down the 210 at 65 mph because he was supposed to meet the rest of the gang down by the inlet at 1030, and now he's late, and doesn't want to hear about it when he gets there.

So some of you are thinking what's the problem with that?? If you are not doing 65 mph down the 210 on a Saturday morning, you're holding up traffic. Well, the 10 mph over the speed limit, although illegal, and dangerous, is probably not the biggest hazard he is facing at this time. I know everyone is clinching up thinking here comes that ORM thing, and that turns a lot of people off, but hear me out, we all have a responsibility to look out for "that guy"

Other than major holidays like Christmas, New Years, or Thanksgiving, when Marines are trying to get home to spend time with their families, the summer months claim more lives than any other time of year. Now it's not because someone didn't perform a vehicle safety inspection before going to the Scotchman for a gallon of milk, and blew a tire and rolled into the median and died. Although tragic, situations like that happen, and no matter how hard we try, they will. The situation above, for example seems relatively harmless for now, but lets look at the number of things both wrong now, and that go wrong later in the day.

First and foremost how many of us would be up and on the road to the beach, only 4 ½ to 5 hours after an all nighter. This is where the hazard goes away with everyone but "that guy", when you roll out of bed in the morning, and look at the clock wondering where the cat that used the head on your tongue went and see the time,....most of us say to hell with the beach, I'm going back to bed. (see you can even use ORM when your hung over, told you this was easy), but not "that guy." He rolls out of bed and slumbers to the head to get rid of some of the beer he was drinking last night. Upon "release" he realizes that he is extremely dehydrated, but hey no time for water, he has to grab him a cup of coffee and hit the road-he's late. After soaking his head in water and putting it in the freezer for a minute to get rid of the head ache he has, he is on the road. Upon arrival to the beach, he grabs his cooler and finds the gang. Everyone is drinking and having a good time, I mean it's five o'clock somewhere right? He gets to the area where everyone is hanging out, takes his appropriate amount of verbal abuse for being late and lays out his towel and cracks a beer. "Man it's hot out here" he thinks, I'm going to take my shirt off and get some sun.....When he wakes up, "that guy" realizes that hey I'm a little red, but I'm alright, nothing a few beers wont fix, after a nap, it's time to party.

As the sun goes down, and the beer runs out, it's time to head home. Now "that guy" has only had a couple beers all day, well within the legal limit, so he gets in his car and heads for home. "Man I'm beat" he thinks that sun will really take it out of you. Just as he crosses over the high rise bridge, he doses off, and begins to swerve, Woah!, "that woke me up" he thinks to himself.....as his eyes begin to get heavy again. Then it happens again, but this time, not so lucky, "that guy" swerves into the other lane, and into another car, which spins them both out, and they come to a halt each on opposite sides of the lane. "That guy" jumps out of his car, and runs across the road to make sure everyone is alright, because he knows this whole thing is his fault.

Lets stop right there, no matter if everyone is alright, or we go into a big bloody gory tragic ending, the point to be made here is this, **yes**, it is his fault, he crossed the center line asleep, but does he know why, and more importantly, will he prevent it from happening again.

He was not driving drunk. He was not on a 36 hour drive that he was going to try to do straight through. He was just coming back from the beach, after not getting nearly enough sleep, laying out in the sun and being dehydrated, and not eating all day, with out any type of protection from the elements. What did he do wrong? Well as I am sure you are getting the point (if you are not, go see your boss, you are "that guy"). It might not be one big thing, like getting drunk and driving a car, or a blatant misjudgment of your abilities to drive for a given distance or time, but an accumulation of small seemingly insignificant events or choices that can, and often do add up to a big event that gets people hurt.

So what does this boil down to? Yeah Yeah Yeah, ORM ORM ORM, you all know that, so, no that's not my point, my point is you have to identify and acknowledge the risks, before you can take action on them. What we need to do is make sure the hazards are identified, what I consider a hazard and what "that guy" considers a hazard are probably two different things, none of us are 10 ft tall and bullet proof, although most of us thought so in our youth. So remember boys and girls the hazards are out there, we know how to deal with them,...just plain old not seeing them is just plain dumb.

That's all for now, Devil Ducks, Stay Safe and Have Fun– SSgt Heyward